Roast pumpkin rocket salad

Preparation time
10 minutes

Cooking time
40 minutes

Serves
8

Recipe courtesy of
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Ingredients Method Nutrition

1kg butternut pumpkin

4 cloves unpeeled garlic

1 tbsp olive oil

salt and pepper to taste

6 slices prosciutto

2 bunches asparagus, trimmed

200g baby rocket leaves

1/2 cup shaved parmesan cheese

1/3 cup pine nuts, toasted

200g snow peas, thinly sliced

DRESSING

2 tbsp olive oil

2 tbsp red wine vinegar

2 tsp Dijon mustard

1 tsp sugar

2 tsp chopped fresh thyme

1. Peel pumpkin; chop into 3cm pieces. Place pumpkin into a baking dish with garlic. Drizzle with oil; season with salt and pepper.
2. Cook in moderately hot oven, 190°C, for about 35 minutes, gently turning pumpkin pieces over, or until pumpkin is tender and browned.
3. Cook prosciutto in a heated, greased pan until browned all over and crisp; drain on absorbent paper. Roughly crumple into bite-size pieces.
4. Combine all dressing ingredients in a screw-top jar; shake well.
5. Boil, steam or microwave asparagus until tender. Rinse under cold water; drain well.
6. Gently toss warm pumpkin with prosciutto, asparagus, rocket, cheese, nuts and snow peas in a large bowl until combined; drizzle with dressing.

Nutritional information is provided per serve

Engery	1137kj
Protein	13g
Saturated Fat	4g
Total Fat	18g
Carbohydrates	12g
Sugars	9g
Dietary Fibre	5g
Sodium	386mg